

## **Techniques That Assist Lymphatic Circulation**

### **DRY BRUSHING**

#### **How to Perform a Dry Brush Massage:**

- Use a long handled, natural bristle brush, with a brush pad about the size of your own hand.
- Start with the soles of your feet. Brush in a circular motion as you move up your body i.e. feet to legs, hands to arms, back to abdomen, and chest to neck. The face and inner thighs are sensitive areas and can be avoided. Brush with as much pressure as is comfortably possible until your skin feels pleasantly warm (this is usually about five to ten minutes). The massage is best performed when you arise in the morning and before you go to bed at night.
- Increase the cleansing qualities of a dry brush massage by following it with an alternating hot-cold shower (hot for three minutes, cold for thirty seconds) with 3 repetitions.

#### **Results of dry brush massage:**

1. Dead layers of skin are removed and pores go unclogged.
2. Blood circulation is increased to the internal organs as well as the skin, which promotes oxygenation and healing.
3. The detoxification qualities of the skin remain intact and well-functioning.
4. Hormone and oil-producing glands are stimulated.
5. Nerve endings stimulated in the skin help to maintain the health of the entire nervous system.
6. The body's natural defenses against the common cold are assisted, especially when used with the hot-cold shower technique.
7. Muscle tone is assisted and fat deposits are more evenly spread.

## **HYDROTHERAPY AND CONTRAST SHOWERS**

Hydrotherapy involves the use of water applications in healing. Alternating hot and cold showers improve blood circulation, increase cellular oxidation, enhance immunity, strengthen the nervous system and flush cellular toxins into the blood.

When we shower in hot water for less than five minutes, it has a stimulating effect on our circulation. Similarly, when we have a cold shower for less than one minute, we stimulate blood flow and metabolism. Cold applications first constrict and then later dilate blood vessels. By finishing with a short cold shower we cause the following physiological effects:

- Increased oxygen absorption
- Increased carbon dioxide excretion
- Increased nitrogen absorption and excretion
- Increased tissue tone
- Increased white blood cell count and thus improved immunity
- Increased red blood cell count
- Decreased blood glucose
- Heightened metabolism

## **REBOUNDING**

A rebounder is the equivalent of a small trampoline. Jumping on a rebounder greatly improves the circulation of lymphatic fluid within the body as muscular contractions push the fluid through the lymphatic vessels. When the muscular contraction is used in combination with deep breathing, lymphatic circulation is enhanced even more. This improves the body's cancer-fighting ability.

Some of the additional benefits of rebounding include:

- ✓ Gentle massage of the internal organs, including the liver and colon
- ✓ Increased oxygenation on a cellular level
- ✓ Improved muscle tone
- ✓ Improved digestion, elimination and body detoxification
- ✓ Easier weight management through calorie expenditure
- ✓ Increased energy
- ✓ Improvement in cardiovascular health
- ✓ Stress reduction and release
- ✓ An increase in strength, stamina, balance and agility

Rebounding for two minutes has the aerobic effect equivalent to playing tennis for ten minutes, swimming for six or walking for twenty-two.

## **EXERCISES**

### 1. Neck Rotation

You can perform this exercise seated or standing. As you inhale, slowly turn your head to the right to a count of five. Pause for one second and then exhale, bringing your head back to center for a count of five. Repeat on the left side. Do five repetitions on each side.

### 2. Shoulder Shrug

Stand or sit in a comfortable position. As you inhale, draw both shoulders up toward your ears and then exhale, releasing your shoulders to a neutral position. Repeat five times.

### 3. Hand Openers

Sitting or standing, raise your arms out in front of you so they are horizontal. Clench your hands in a fist then open them up, spreading your fingers as wide as possible. Repeat five times.

#### 4. Heel Raises

Sitting comfortably in a chair, back rested against the back of the chair and feet flat on the floor. Raise both heels at the same time, keeping the balls of your feet on the floor. Repeat ten times.

#### 5. Pelvic Tilt

Lie on your back with your hands clasped behind your head or stretched out alongside you. Bend your knees and place your feet flat on the floor about hip-distance apart. Begin to tuck your tailbone under, pressing the small of your back into the floor, and then release. That is one pelvic tilt. Repeat 10 times.

#### 6. Leg Falls

Lie on your back with your knees bent and feet flat on the floor. Slowly lower the right knee toward the floor by letting it fall open with control to the side. Slowly bring the leg back to center and repeat on the other side. Perform five times on each side.

#### 7. Leg Slides

Lie on your back with your arms alongside your body and your legs stretched out straight in front of you. Inhale, sliding your right leg along the floor and out to the side. Exhale sliding the leg back into center. Repeat on the other side. Perform five repetitions on each side.

#### 8. Ankle Pumps

Lying on the floor on your back with your legs and arms flat on the floor, inhale and flex the ankle and exhale and extend the ankle six times, flexing and pointing the toe like a ballerina. Repeat on each side.